**STUDENT ESSAY B**

Do not lower your head

From a report, in the 2014, there are about 7.21 billion people around world; and more 2.58 billion which is still increasing fast people are using social media right now. It shows us more than one third people are influenced by social media. Social media really has a lot of advantages, some people suggest that we should use it as much as we can. But with social media develop so fast, and unreasonable using, disadvantage are showing more up. Should we use social media a lot is really popular social discussion now days. From myself, I agree with second group, we should not use social media a lot for three part of reasons.

 First of all, using social media is not good for our health expecially for teenegaers. studies shows 63% of American log on facebook daily, and 40% log on multiple times each day. For my own experience, If I log on facebook, I can spend hours on it. after we start using social media, our exercise time are decreased. teeneger prefer lay down on the bed, look though what is going on his or her facebook. One part, that is why more and more teenegers wear glasses. and another part, it’s not good for their brain and body grow. Using social media can make your life easier some part, but make sure find a balance, it can hurt your health if your are using it unreasonable.

 Secondly, you can do your work well with social media. It’s common Using cell phone while doing your homework. When it happen, homework usually takes a hour, you might need to spend 2 hours to finish it with low quality. That why you think you do not have enough time to do more things. Beyond that, some students are using cell phone in class. Do you think those students can get a lot of informations from teachers? Although they all know using social media during class time is not a good idea, social media is addictive.Almost time they cannot control themselves well. Using social media is not good for your study.

 In the last part, social media can really hurt your relationship with others. You might think people who are use social media a lot can get along well with people in the real life. actually, those people prefer to talk to people with social media. When you ask your friends go out for dinner, in the table, all the people just look at their phone, and less communicate with others. It’s a common thing. But would you like to hang out with those people again? People who are communicating with friends on social media, they will become afraid talk to people face to face.

 Some people think social media is a good way to meet people and begin a wonderful story. But from past to now, most beauty stories are live in real life. Few months ago, there is a very popular video which names LOOK UP on YouTube. In the part of the video, it tells us a thinkable story. A man is finding way to his friends house, he asks a girl who is running around this community. He find the house with this girl’s help. After then, they fall in love with each, they get married, they have their children. A beauty love story, doesn’t it? This story has another story, however, That man look down his phone when he tries to find the way to friend’s house, he missed the only chance meet that girl who might be his future wife. You do not know how many relationships are missed by you every day when you enjoy checking your social media.

 In conclusion, social media is very useful, but we should not use it very often for our healthy, study and relationship part reasons. When you use a social media every day, you will lose a lot of exercise time which can hurt your health. You cannot do your homework and learn informations in class if you pay attention to your social media all the time. Some of your beauty future relationships are lost when you focus on your social media not real world. In my opinion, you need to find a balance that when you can use social media, how long you can use. Most important thing, you should try to talk to people face to face as much as you can.